Homemade Digestive Biscuits

Ingredients

1 cup whole wheat flour

1 cup oats, finely ground

0.5 teaspoon baking powder

4 tablespoons cold unsalted butter, cubed

2 tablespoons brown sugar or honey

2-3 tablespoons milk

Pinch of salt

1. Preheat your oven at 180 degrees (350 degrees F) and line a baking tray with parchment paper.
2. In a bowl, mix the whole wheat flour, ground oats, baking powder and salt.
3. Add the cold butter cubes into the flour mixture and rub them into the dry ingredients with your fingers until the mixture resembles breadcrumbs.
4. Stir in the brown sugar (or honey if preferred).
5. Gradually add milk, one tablespoon at a time until the mixture forms a soft but firm dough. Avoid overtaxing.
6. Lightly flour a surface and roll out the dough to about 5mm thickness. Use a round cutter or a glass to cut out biscuit shapes.
7. Place the biscuits on the lined tray and bake for 12-15 minutes or until golden brown. Allow the biscuits to cool on a wire rack before storing them in an airtight container.
8. Serve them with a warm or cold drink.